

DISTRICT OF COLUMBIA OFFICE ON AGING NEWS



Spotlight on Community Living

Wednesday, January 13, 2016

Serving D.C. residents who are age 18+ with a disability or age 60+ and their caregivers

Vol 5, No 2



Acting Executive Director's Message

Laura Newland

Happy New Year!

On December 18th, Mayor Muriel Bowser announced my appointment to serve as Executive Director of the DC Office on Aging. I am honored and excited to continue implementing the Mayor's vision for DCOA.

In the new year, DCOA will be starting new initiatives to strengthen the administration's commitment to make DC an Age-Friendly City. Age-Friendly DC is a coordinated, comprehensive and collective-action effort to ensure all DC residents are active, connected, healthy, engaged and happy in their environment and community.

Beginning this month, DCOA, in partnership with the Department of Housing and Community Develop-

ment (DHCD), will begin the "Safe at Home Program." This program will provide a grant up to \$10,000 for seniors and people living with disabilities to make their homes accessible. These adaptations may include ramps, grab bars, and shower cut outs. Safe At Home fills a gap in the District's current home modification programs as DHCD's Single Family Residential Rehab Program (SFRRP) is a loan program for modifications of \$10,000-\$30,000. Safe At Home will work closely with DHCD to make appropriate referrals for larger projects.

District residents 60 years or older or between 18 and 59

years old living with a disability and with an income at or below 80% of the Area Median Income (AMI) are eligible. If you are the only one living in your household, your income would need to be under \$61,152; and if you live with your spouse or partner and filed a joint tax return, your household income would need to be under \$69,888. Please contact 202-638-0050 for more information.

DCOA is also partnering with the National Council on Aging to offer BenefitsCheckup, an online service that provides customized benefits eligibility information for seniors and people living with disabilities. The question-

naire is available online, takes 10-15 minutes and doesn't require any sensitive personal information - such as a social security number. Since November, DCOA staff and all of our community partners have used BenefitsCheckUp. It includes more than 2,000 public and private benefit programs from all 50 states and the District of Columbia.

Finally, DCOA will soon be conducting an assessment that will review current aging programs, senior wellness centers, senior center facilities, and other programming specific to seniors living within the District to make recommendations for new programming opportunities, including areas without brick and mortar senior wellness centers.

With this evaluation, we

will be able to examine the current service and programmatic needs of older adults living in the District of Columbia and develop a strategic road map to help us meet you where you are at. We will also gain valuable demographic data, which will help us make informed funding decisions and determine impact across the city.

To find out more information about these important projects please visit our website at www.dcoa.dc.gov or call 202-724-5626.

As you can see, we have a lot of plans in 2016! I'm excited to lead such a great staff of dedicated professionals as we continue to advocate for older District residents, people living with disabilities, and their caregivers.



COMMUNITY EVENTS CALENDAR

JANUARY EVENTS

5th and 19th • 11:30 a.m.

Seabury Ward 5 Resources for Aging presents: "Get2Breast Care Program" sponsored by MedStar Washington Hospital Center. The program will be held in two locations. On Jan. 5 it will be at Senior Village I, 3001 Bladensburg Rd. NE, and on Jan. 19, it will be presented at Kibar, 1519 4th St. NW. For more information, call Norma Hardie at 202-529-8701.

5th and 19th • noon

The D.C. Caregivers Online Chat at Noon is a great resource for caregivers. Log on for advice, resources and tips to assist you with your caregiving responsibilities. On Jan. 5 the topic is "Creating a caregiver toolbox in 2016." The Jan. 19 topic is "How do I transition into my role as a caregiver when caring for someone with lupus?" If you are not available at 12 p.m., check back at your convenience and hit replay to see the entire chat. Join the discussion at www.dcoa.dc.gov/page/

caregiver-chat. For more information, contact Linda Irizarry at 202-535-1442 or linda.irizarry@dc.gov.

7th+ • 2 to 3 p.m.

Iona offers a dance class for people with Parkinson's disease and their families. The class, which follows the model of the Dance for PD program developed by the Mark Morris Dance Group, combines live violin accompaniment and easy-to-do movement drawn from a wide range of dance styles, all of which are adaptable to varying levels of physical ability. As they enjoy dancing together, participants focus on areas including stretching, balance, and freedom of movement. No dance experience is needed, and family members and care partners are welcome to join. The fee is \$10 per individual class with registration for each complete session or \$13 per class for drop-in students. No fee for family members or care partners. Students may begin at any time. The introductory class is free. The session meets from Jan. 7 to Feb. 25 at Iona, 4125 Albemarle St. NW.

For more information, contact Anthony Hyatt (301-657-8484) or Robert Sacheli (202-246-6644), or e-mail danceforparkinsonsDC@gmail.com.

9th • 9 a.m. to 5 p.m. and 10th • 9 a.m. to 4 p.m.

The annual NBC 4 Health & Fitness Expo returns to the Washington Convention Center, 901 Mt. Vernon Place NW. The event includes health screenings, fitness classes and speakers. Visit www.nbcwashington.com for more information.

11th • 12:15 p.m.

Learn about AARP's Legal Counsel for the Elderly services at a session at Petersburg - Ft. Lincoln 3, 3298 Ft. Lincoln Dr. NE. For more information, call Norma Hardie at 202-529-8701.

12th • 10:45 to 11:45 a.m.

The D.C. Central Kitchen will present a food demonstration at Model Cities Senior Wellness Center, 1901 Evars St. NE. For more information, contact Alice Thompson at 202-535-1321.

12th (part 1), 19th (part 2), and 26th (part 3) • 2-4 p.m.

The Alzheimer's Association will present Living with Alzheimer's: For People with Dementia (3 part series) at

Sunrise on Connecticut Avenue, 5111 Connecticut Ave NW, Washington, DC 20008. To register to attend, call 800-272-3900.

13th *2 - 3 p.m.

The Alzheimer's Association will present "Healthy Habits for a Healthier You" at Grand Oaks Assisted Living, 5901 MacArthur Blvd NW, Washington, DC 20016. To register to attend, call 800-272-3900.

13th • 10:30 to 11:45 a.m.

The Northeast branch of the D.C. Public Library hosts a workshop at Hayes Senior Wellness Center, 500 K St. NE. For more information, contact Alice Thompson at 202-535-1321.

13th and 19th • 11:30 a.m.

MedStar Washington Hospital Center will give a "Heart and Brain Health Seminar" at two locations. On Jan. 13, it will be at Delta Towers Apartments, 1400 Florida Ave. NE, and on Jan. 20, it will be presented at Edgewood Terrace Apartments, 635 Edgewood St. For more information, call Norma Hardie at 202-529-8701.

21st • 10 a.m. to noon

Are you interested in making a difference in your community? Train to become a DCOA Ambassador, and help

connect your neighbors, friends and family members to DCOA programs and services. DCOA has valuable programs, services and resources to help residents age 60 and older remain in their communities and assistance for their caregivers. Resources are also available for persons living with disabilities age 18 and older. Call 202-724-5622 to register.

22nd • 11:30 a.m.

The Office of the People's Counsel offers an energy information session at Kibar, 1519 Fourth St. NW. For more information, call Norma Hardie at 202-529-8701.

23rd • 8 a.m. to noon

Learn about caregiving in a session titled "Prepare to Care" at Nineteenth Street Baptist Church, 4606 16th St. NW. For more information, contact Alice Thompson at 202-535-1321.

26th • 11:30 a.m.

Seabury Ward 5 Resources for Aging's town hall meeting will be held at the Edgewood Terrace Apartments, 635 Edgewood St. NE. For more information, call Norma Hardie at 202-529-8701

